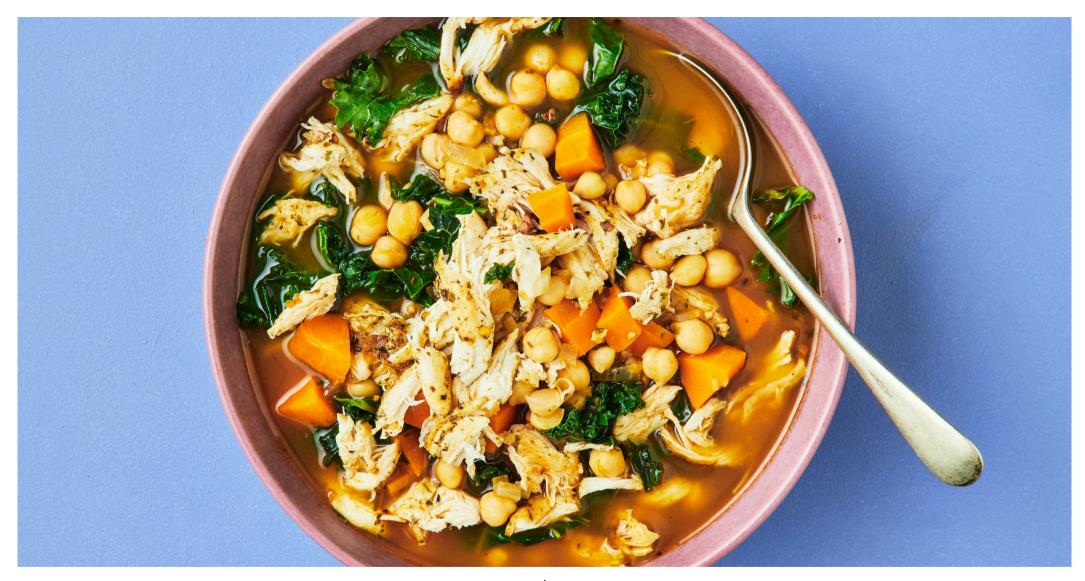
DINNERLY



Low-Cal Rustic Chicken Soup

with Chickpeas, Kale and Chimichurri





30 minutes 2 Servings

Bunker down with our homemade chicken soup. Packed with lots of nourishing goodies like kale, carrot and chickpeas, and flavoured with warming chimichurri spices, it's just the ticket for a light yet comforting winter meal.

WHAT WE SEND

- 1 onion
- 1 carrot
- · 100g kale
- · 400g chickpeas
- · 10g chimichurri spice blend
- free-range chicken tenderloins

WHAT YOU NEED

- · 2 garlic cloves
- · 2 tbs olive oil
- · 1 tbs tomato paste
- · 750ml (3 cups) boiling water

TOOLS

 medium deep frypan or saucepan with lid

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

May contain traces of allergenic ingredients.

NUTRITION PER SERVING

Energy 540kcal, Fat 20.6g, Carbs 33.1g, Proteins 44.0g



1. Prep ingredients

Finely chop the **onion**. Peel the **carrot**, then quarter lengthwise and cut into 1cm chunks. Thinly slice or crush **2 garlic cloves**. Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Drain and rinse the **chickpeas**.



2. Brown chicken

Combine 1 tbs olive oil and 2 tsp chimichurri spice blend (see Make it yours) in a large bowl. Add the chicken, season with salt and pepper and toss to coat. Heat a medium deep frypan over medium-high heat. Cook the chicken for 3 mins each side or until browned and cooked through. Remove from the pan.



3. Soften veggies

Heat 1 tbs olive oil in the same pan over medium heat. Cook the onion, carrot and garlic, stirring occasionally, for 5 mins or until softened. Add the chickpeas, 2 tsp chimichurri spice blend and 1 tbs tomato paste and cook, stirring, for 1 min or until fragrant.



4. Simmer soup

Add **750ml (3 cups) boiling water** to the veggie mixture and bring to the boil. Reduce the heat to medium and cook for 5-8 mins until the carrot is tender.



5. Serve up

Meanwhile, shred the **chicken** with two forks. Add the **kale**, **chicken** and any resting juices to the soup, then cover and cook for 2 mins or until the kale is tender. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **chicken soup** among bowls and enjoy!



6. Make it yours

Our chimichurri spice blend gives the soup a mild kick of heat. If you don't like too much spice, reduce the amount to taste.